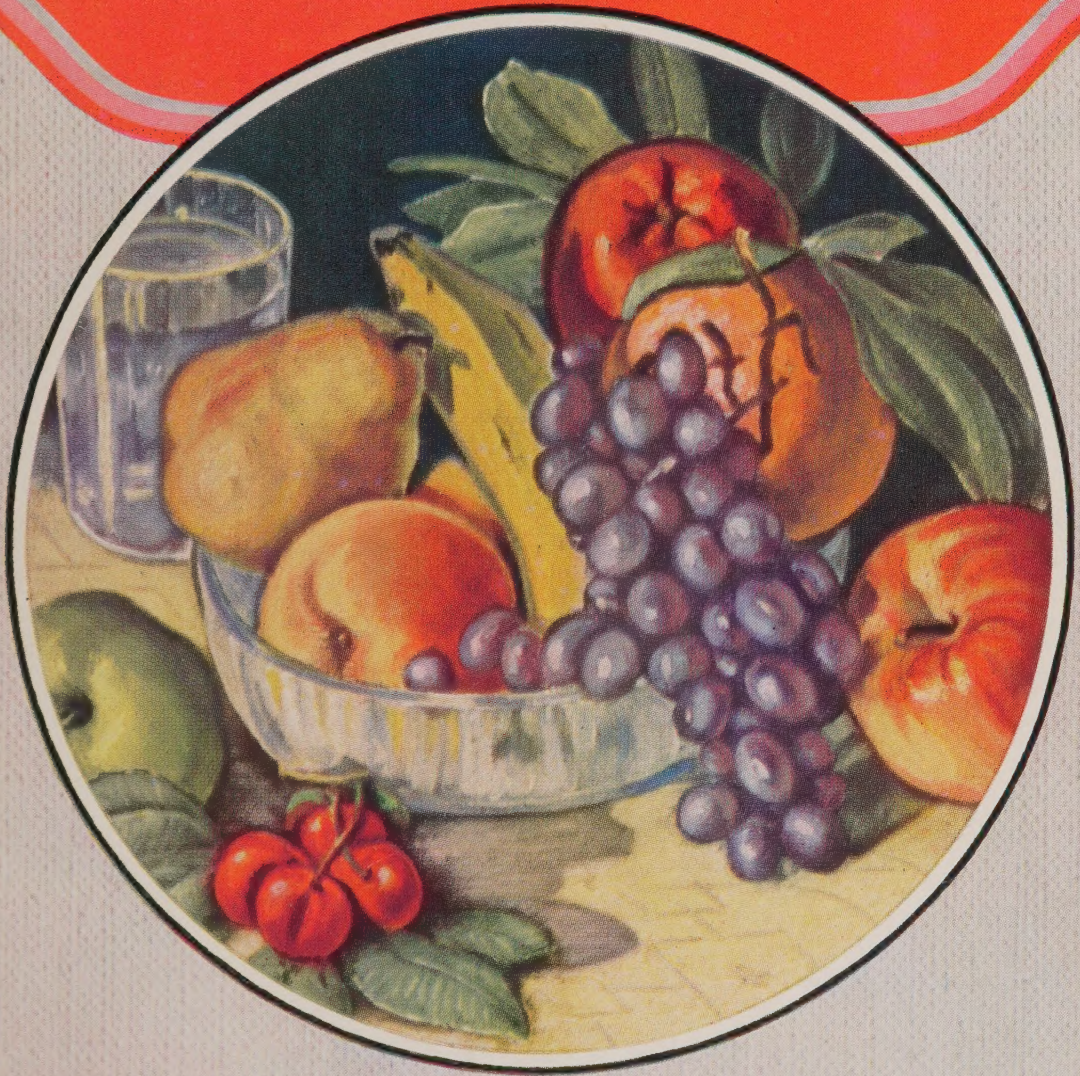


The FAMILY FOOD SUPPLY



METROPOLITAN LIFE INSURANCE COMPANY

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FAMILY FOOD SUPPLY

WHAT TO BUY AND HOW

*Food and Marketing Helps
for the Homemaker*



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FAMILY FOOD SUPPLY

WHAT TO BUY AND HOW

Food and Marketing Helps for the Homemaker



THE homemaker who would have her money go as far as possible, and who is earnestly anxious to keep her family in good health, needs to know what foods to buy and how to buy them. The health of her family depends very largely upon her knowing what foods best serve the body's needs.

THE FOOD NEEDS OF THE BODY

The body is like an engine. It must have fuel to keep it going. During the day when one is working and moving about, the fires must burn brightly, because every movement of the body uses up energy. During the night, although the fires can be banked, some fuel is needed to take care of digestion, breathing, and circulation of the blood, for these activities go on day and night.

The fuel that keeps the body engine going is supplied in the food we eat. But besides keeping the engine going, one must make the necessary repairs. To keep the blood red and healthy, the teeth and bones strong, the circulation and digestion properly balanced, foods must be used which contain certain minerals. To remove the waste left by the food that the body consumes, there will be need of bulky foods which sweep the waste along as they pass through the intestines. And to insure growth and development, and protection against certain diseases, foods must be used which contain substances called vitamins. It is clear, then, that one's food should supply

1. Fuel
2. Material to build and repair muscle, bone and blood
3. Protecting and regulating material

FUEL NEEDS

Persons who do hard physical work and lead very active lives need more fuel foods than those whose work keeps them seated most of the day. For them and for active children the fuel foods form the bulk of the diet. And when more fuel is taken than is required, the surplus is stored in the body in the form of fat. The principal fuel foods are: Carbohydrates (starches and sugars) and fats.

STARCHES

Bread
Crackers
Cereals
Tapioca
Macaroni
Rice
Potatoes

SUGARS

Sugar
Molasses
Honey
Dried fruits
Candy

FATS

Butter
Cream
Lard and other animal fats
Olive oil
Cottonseed oil and corn oil
Chocolate

BUILDING NEEDS

Children need body-building foods for growth. And after they are grown, the wear and tear of living breaks down a certain amount of body tissue which must be replaced. Foods containing proteins and mineral salts are the ones required for these purposes. They also supply fuel.

However, with the exception of milk and whole grain cereals, they should not be depended upon for this, as they are more expensive than the carbohydrates. The quantity of building material which the body needs is rather small, and the amount does not change very much with exercise or work—it

is about the same whether a person is active or inactive.

The building foods are:

Meats	Milk
Fish	Cheese
Poultry	Eggs
Dried peas and beans	
Gelatine	Nuts
Whole grain cereals	
Fruits	Vegetables



REGULATING NEEDS

Foods which contain mineral salts are required to maintain proper balance within the body as well as for building material. Such processes as the beating of the heart and the circulation of the blood depend upon mineral salts. If one is careful to eat foods containing calcium, phosphorus, iron, and, in some regions, iodine, there will be little likelihood of the diet being short of the others, as they occur in combination with those mentioned. Fruits, vegetables, whole grains, milk and eggs are the principal foods which supply minerals. The first three also contain fibrous material which does not digest completely and serves to carry off waste through the intestines. Water helps to carry off waste through the skin and kidneys and holds in solution in the body various elements derived from our food. One should drink from six to eight glasses a day.

VITAMINS

Vitamins in our food are necessary for growth and development, and for protection against certain diseases.

Vitamin A helps growth and vitality, and protects against diseases of the nose, throat, and lungs. Lack of it brings on a disease of the eyes. Vitamin A is found in cod liver oil, milk, butter, cream, cheese, eggs, liver, kidneys, fresh green vegetables (especially spinach, squash, lettuce, cabbage, tomatoes), carrots, sweet potatoes, turnips, and some fruits.

Vitamin B is needed for growth and health. Without it there is a loss of appetite, followed by nervous disorders, and a disease known as beriberi. A diet entirely without Vitamin B will cause death. Vitamin B is found in milk and green vegetables, whole grain cereals, such as wheat, corn, unpolished rice; yeast, carrots, potatoes, asparagus and tomatoes, fruit and nuts.

Vitamin C gives vigor to the general health, and prevents scurvy, a serious disease found chiefly among children. This vitamin is found abundantly in tomatoes—canned or raw; in pineapple—canned or raw; in oranges, lemons, grapefruit, bananas; in leafy vegetables such as spinach, lettuce, cabbage; and in potatoes, turnips, rutabaga and onions. Vitamin C is easily destroyed in cooking; therefore, it is wise to use some raw fruit or vegetable daily.

Vitamin D enables the body to benefit from the minerals contained in food. Without it the minerals do very little good and the body is likely to develop rickets, a disease found among children particularly. Cod liver oil and egg yolk are very rich in Vitamin D, and are preventives of rickets. Direct sunlight is also a preventive of rickets.

Vitamin E is essential for reproduction. It occurs in the wheat grain, oats, corn and green leaves.

Vitamin G is essential to growth and prevents pellagra. It is found in milk, lean beef and green vegetables.

Some foods, such as fruits and vegetables and milk, contain more than one vitamin. They should, therefore, be used freely.

CALORIES

All foods supply heat when they are burned in the body. The calory is the unit used to measure heat. Therefore, foods are said to equal a certain number of calories. The number of calories* needed by an individual varies with age and the amount of work done. For young and middle-aged adults, the number may be from fourteen to twenty-seven calories for each pound of body weight, depending upon the amount of exercise taken. And boys and girls between the ages of 13 and 17, because they are growing, very often need as many calories as adults.

WHAT TO EAT (AND HOW TO BUY IT)

The homemaker should plan her meals so that they will offer the right kind of food in the right quantity. In order to be sure that she is doing this, she should include:

Milk—One quart a day for each child; one pint for each adult. This is the ideal. Never use less than one pint, however, for each child and a half pint for each adult. Milk is the best building food for children. It supplies fuel; it supplies minerals; it carries a good supply of Vitamins A, B and G.

Pasteurized milk is safer than raw milk, because complete pasteurization kills the germs that cause tuberculosis, infantile diarrhea, septic sore throat, typhoid fever, diphtheria and scarlet fever. If raw milk is used or advised, it should, of course, be certified.

Milk should be covered and should be kept cold; that will keep it clean, sweet and free from strange flavors and odors.

*Metropolitan pamphlets containing calory tables are *Overweight and Underweight*, *Dyskinesia* (constipation), and *Out of Babyhood Into Childhood*.

If there is no ice in the home, it may be necessary in hot weather to buy milk twice a day, letting the dealer keep it cold. A temperature between 45-50° F. keeps milk from spoiling.

Dried and evaporated milk have the same food value as pasteurized milk and in some places cost less. Dried milk can be used in small quantities as needed and need not be kept on ice. After the can is opened, evaporated milk must have the same care as fresh milk. Sweetened condensed milk has had sugar added as a preservative. It can be used in cooking or in place of cream. It, too, must have the same care as fresh milk after the can is opened. These are all prepared by the addition of water.

Breads and Cereals—should be used daily. They supply fuel at low cost. White bread made with milk, as it is in the modern bakery, supplies minerals and vitamins to the diet. Whole grains, however, because of their roughage and added amounts of the other elements, particularly Vitamin B, should appear at least once a day. Cereal products, such as macaroni and rice should be used freely. The elements which they lack can be made up by using them with cheese, milk or vegetables.

The home-cooked cereals are usually less expensive than the ready-to-serve cereals. While the home-cooked cereals should be fed to children under three years old, the others are good and may be used by the older members of the family for variety.

The quantity of flour to be bought depends upon the baking to be done. Some money can be saved by buying as large a bag as will keep. One twenty-four-and-a-half pound bag costs perhaps 50 cents less than seven three-and-a-half pound bags.

Cereals should be kept in glass jars, or tin boxes, covered, for protection from dust and insects.



Vegetables—Two vegetables, one of which may well be potatoes, should be used daily. Vegetables are valuable chiefly for their minerals and vitamins. This is particularly true of the leafy vegetables like cabbage, kale, spinach, beet and turnip tops, and lettuce, which also add bulk for the intestines, and should be used at least three or four times a week. Tomatoes, fresh or canned, are a valuable source of Vitamins A, B, and C, and may be used for children when it is not possible to give them orange juice. Root vegetables like carrots, onions, beets and turnips also supply vitamins and minerals. Vegetables and fruits, however, are apt to lose a part or all of their vitamins in the process of cooking. For that reason, raw vegetables and fruit should be used freely. They make delicious salads, too, and can be quickly and easily served.

Dried peas, beans and lentils are useful building foods containing both protein and mineral salts, although they do not contain as good building material as eggs and milk. A satisfactory main dish for a meal can be made from any one of them combined with other vegetables, or with a little meat.

Fruits—Either cooked or fresh fruit should be eaten at least once a day. Fresh fruits add water, minerals, sugar and vitamins to the diet, and bulk for the intestines. Cooked fruits contain minerals and sugar, but they should not be entirely substituted for fresh fruits, since vitamin C is easily destroyed in cooking.

In the winter time, dried fruits are cheaper than the fresh fruits. They should be soaked overnight, and cooked slowly. Dried apples, prunes, peaches, apricots, and figs are all wholesome.

Fruits and vegetables to be eaten raw should be sound and well matured. It is best to go to market and select them. A change of the meal plans may be wise if some unplanned-for fruits or vegetables are found to be especially good or cheap. Unless good storage room is available, the quantities bought should be small.

Fruits and vegetables should be looked over before they are put away. If any are bruised or imperfect, they should be used first, as they will spoil more quickly than the rest.

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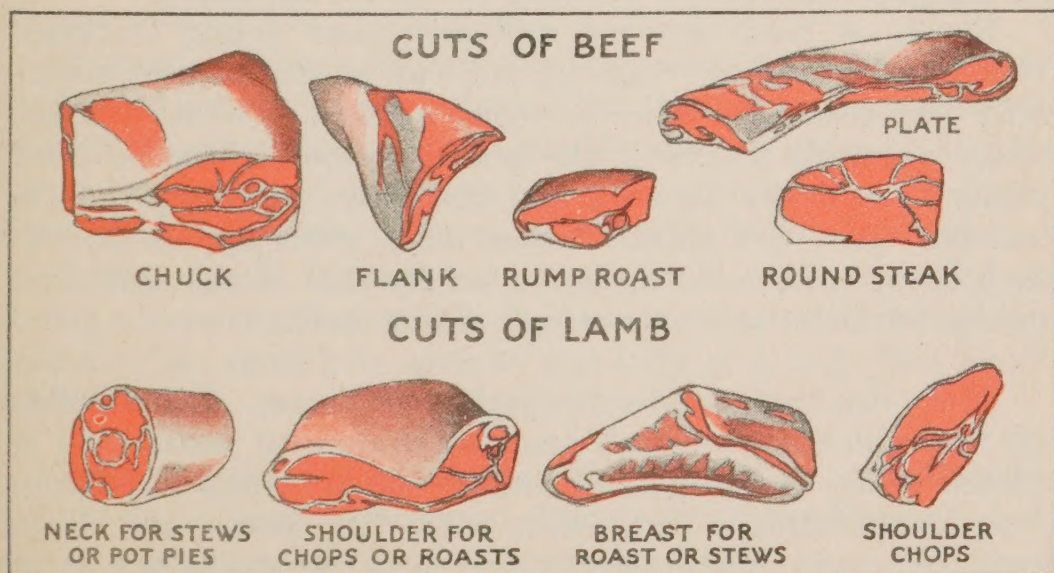
Money can be saved by purchasing slightly less perfect fruits and vegetables for cooking, rather than the most costly, perfect ones. Pedlers, with fruit that is too ripe to keep, frequently offer it at a very low price. If one buys only enough for immediate use, the purchase may turn out very well.

Small fruits and vegetables are sometimes cheaper than the better looking, larger ones. For example, a cup of juice from small oranges may cost one-third less than the same quantity from large, fancy ones. A pound of small potatoes, even allowing for the greater waste from paring, may cost less than a pound of large ones. Although more time is spent preparing the small potatoes, the money saving may be worth while.

Meats—need not be used more than once a day. Meat supplies protein and some mineral. But its tempting flavor may lead one to eat more of it than is actually needed.

The economical cuts of meat make attractive meals, provided they are given time and care in the cooking. They can be used for pot roast, meat pie, braising, Hamburg steak, stew, meat loaf, steam roasting, and Swiss steak. A fireless cooker is useful and convenient for the tougher cuts that must be cooked for a long time.

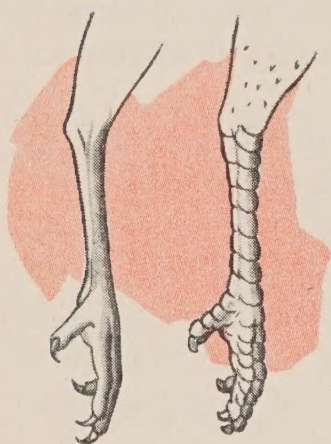
Not only the original cost per pound should be considered but the amount of bone and fat in proportion to the lean meat. Meat trimmings should be used, fat tried out for cook-



ing, and the bones and lean bits put into the soup. Unless the trimmings are used in this way, it may be wiser to pay more and get lean meat. Good meat should have a clear, bright color, firm, white fat and very little sinew running through the grain of the meat.

Shoulder or neck of lamb is satisfactory for stews or meat pies. It should be cooked with onions, carrots, and turnips to give it flavor.

Veal neck or breast is very good for meat pies, loaf or stews.



Flank, neck, chuck, or plate beef is good for stews, or chopped meat. Vegetables may be used for seasoning; and dumplings occasionally added to stews will give variety.

For a beef pot roast, the chuck, shoulder clod, neck, rump, or boned brisket is cheaper than the round, and will be tender if well cooked.

Ham butts, and shanks, and the ends of cured hams are good for boiling with vegetables, or for baking.

Poultry—is one of the most expensive foods, not so much because the price per pound is high as because one must pay for the part discarded in dressing it, and for the bones.

Fowls, or hens, are less expensive than young chickens. They can be used for roasting, and can be made quite tender with long cooking. When a young chicken is to be bought, however, certain points should be kept in mind: The feet of a young chicken are smooth, and the claws are sharp. As it becomes older, the claws become dull; scales appear on the legs; the skin becomes coarse, especially that of the neck; and the breast bone, at its lower end, is not easily bent.

Fish—can be used interchangeably with meat. It is a building food and contains small amounts of mineral matter. It is usually wiser to buy fish in season and to select fish taken from local waters. Small fish, with their bones and other uneatable parts, leave more waste than the steaks cut from

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large fish like cod. With some fish, the proportion of waste is large, and this must be kept in mind when deciding whether fish is cheaper than other foods.

How often one should buy fish depends chiefly upon the fish supply. There are markets inland where fresh fish is to be had only on Fridays, and even then the choice is limited, although the new methods of refrigeration make the fish supply more general than in former years. Near the coast and the Great Lakes good fish may be had almost any day at low prices.

Eggs—another building food, can take the same place in a meal as meat or fish. They are rich in minerals and vitamins A, B and D.

During the late spring and summer, eggs are relatively cheap. If desired, they can be preserved in water-glass for future use. During the winter, fresh eggs are expensive, but cold storage eggs can be used at least for general cooking. The flavor of the strictly fresh eggs is better, but the storage eggs are wholesome and much less costly.

Fats—Some should be used every day. Butter is rich in vitamin A, and should be used freely, if possible. Tub butter is cheaper than print butter and is often of very good flavor.

Other fats, such as lard, cottonseed oil, olive oil, or butter made from vegetables and nuts have high energy value, but do not contain the much-needed vitamin A.

If the family has a full allowance of milk, which will provide the butter fat needed for growth, then the less expensive butter substitutes, where obtainable, may be used in place of butter. These are clean and wholesome and are very good for cooking. For table use, they are often more palatable than poor butter.

Butter should be kept cold, and should not be exposed to strong odors. Lard should be kept cool to prevent its becoming rancid. Oils should be covered and kept in a cool place away from the light.

Sugar—in the diet should be chiefly in the form of desserts and fruits. Candy between meals may upset the digestion and ruin the appetite for the more necessary foods.

HOW TO SPEND THE FOOD BUDGET

Most families need to spend from one-quarter to one-third of their income for food. To be sure that they are getting the food they need and are not over-spending for any one kind of food, they should follow a few simple rules:

1. A quart of milk for each child and a pint for each grown-up should be bought every day.

2. The allowance for meat should not exceed that for milk, unless the ideal amount of milk has already been bought.

3. The outlay for vegetables and fruits should be as much as for meat and fish.

4. One-sixth to one-half of the food money, depending on income, should go for bread, cereals, macaroni, and rice. The smaller the allowance for food, the more should be spent on the inexpensive cereals.

5. Enough butter, margarine, and other fats should be bought to supply between one-half and seven-eighths of a pound of fat a week for every member of the family over 3 years old.

MEAL SUGGESTIONS

Breakfast

Fruit (stewed or fresh)

Whole grain cereal with milk

Toast and butter

If a heavier breakfast is needed, eggs or bacon can be added.

Lunch or Supper

A made dish, like macaroni and cheese

Whole grain bread and butter

Stewed fruit

Tea, coffee, or milk

OR

Cream soup

Salad

Whole grain bread and butter

Simple dessert

For those needing a greater amount of energy, a vegetable other than potatoes and a heavier dessert can be added to the first lunch.

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Dinner

Potatoes	Meat, fish, or eggs	Another vegetable
Bread and butter		Dessert

Soup and salad added to this meal make it suitable for any occasion. Milk is not out of place in any normal diet.

FURTHER GUIDES TO FOOD THRIFT

It is the penny saved on a pound of butter, and the few cents saved on sugar, eggs, and bread, which add up to a neat savings account, because these are the things most often purchased. Small price differences are not so important in buying clothing, since it is bought less frequently. One overcoat is bought in two or three years. But food is bought every day, and 10 cents a day saved on food amounts to \$30 in a year.

The most expensive food is not always the most nutritious. Usually a high market price means that a food is rare, hard to ship, out of season, or unusually good looking. It does *not* mean that it is more healthful, or purer than a food that is cheaper. Consequently money can often be saved and the family nevertheless supplied with good, wholesome food, if time and thought is devoted to meal planning and marketing.

Planning the meals. Left-overs should have first attention. If there is not enough of any one food for the entire family, what is left can perhaps be saved by combining with it some other food. For example, a small piece of left-over meat can be chopped and added to cooked rice and tomatoes or to other cooked vegetables, for the main dish of a second meal.

The prices charged by neighboring stores should be compared to learn where values are greatest. Such comparisons should always be based on the cost of food per pound. For example, if a twelve-ounce loaf of bread cost 6 cents, the cost per pound is obtained as follows: Dividing 6 by 12 gives the cost of one ounce; this multiplied by 16 gives the cost of a pound, since a pound contains 16 ounces.

$$6/12 \times 16 = 8 \text{ cents}$$

It is especially important to figure the cost per pound of package foods since many packages hold less than a pound.

Cash and carry stores are sometimes cheaper than those giving credit and delivery. Certainly carrying food a short distance is no hardship, and many find that they can keep more accurate food accounts if they pay as they go and can avoid the unpleasant surprise of a large bill at the end of the month.

The cleanly store should be preferred. In all stores food should be covered so that it will not be touched by flies, other insects, mice, or unnecessary fingers. In this, the small store with cheap equipment may excel the large store with expensive counters and fine display windows.

The homemaker should go to the store to select her foods, especially meats and fresh fruits and vegetables. She will make a better selection than a busy salesman would. At the same time, she will learn to know and compare prices and brands, and will keep in touch with any food bargains that are offered.

Staple foods that keep should be bought in as large quantities as can be stored. One homemaker saved 38 cents by buying a pound can of strawberry jam instead of buying four of the small four-ounce jars at different times. The cost of large bags or packages if compared with the cost of the same food in smaller packages, will show how easily such savings can be made. Although space is at a premium in the small apart-

ment, sometimes room can be discovered for an extra shelf; or by careful planning a better use can be made of the old spaces, and larger quantities can be stored than would have seemed possible.

Keeping Food from Spoiling. Spoiled food is usually a sign of poor marketing, careless meal-planning, or bad house-keeping. Even though good quality food is bought, it will not remain so unless it is properly cared for. Left-over cooked food needs just as



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much care as uncooked food. Bacteria, yeasts and molds are the three chief causes of food spoilage. Sometimes their action in food leaves no visible trace. This is particularly true of bacteria, although their presence in food may be the cause of serious digestive disturbances.

During most of the year a refrigerator is a necessity. As stated earlier, a temperature of from 45-50° F. is required to keep food from spoiling. In some climates a small outdoor cupboard will serve this purpose during the winter months.

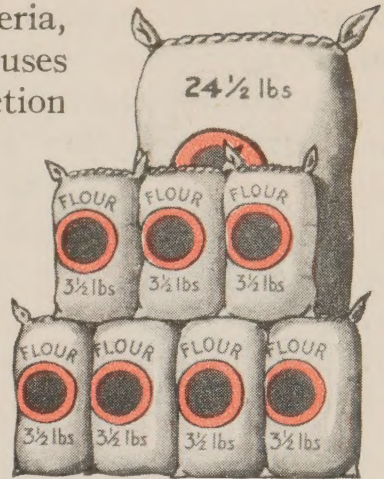
Canned Foods for Convenience and Variety. Meals have more variety, with no greater cost, when canned vegetables and fruits are served, *as well as* the fresh. One important consideration is that canned foods can be kept on hand; another, that fruits and vegetables are usually as nutritious when canned as when fresh, and, in most instances, the important vitamins are not diminished.

Home Canning. Home canning is a means of preserving surplus material for use later. If fruits and vegetables have to be purchased for canning, there is a question whether they are cheaper than the commercially canned product. If canning is done at home, the instructions of the United States Department of Agriculture should be carefully followed.* Canned food in which there is the slightest evidence of spoilage should not be tasted. Never use food from cans which show bulging at the ends. There are four sizes of commercial cans commonly used.

HOW MUCH DOES IT HOLD

SIZE OF CAN	CUPFULS	APPROXIMATE WEIGHT
No. 1	1 1-3	10½ ounces to 1 pound
No. 2	2 1-5	1 lb. and 2, 3, or 4 oz.
No. 2½	3 3-5	1 lb. and 12, 13, or 14 oz.
No. 3	4	2 lbs. to 2 lbs. 4 oz.

One should learn to ask by number for the size desired. The use of the No. 2½ or No. 3 can will save money. There need be no fear of left-overs; they can be used the next day. The No. 2½ can holds about three times as much as No. 1,

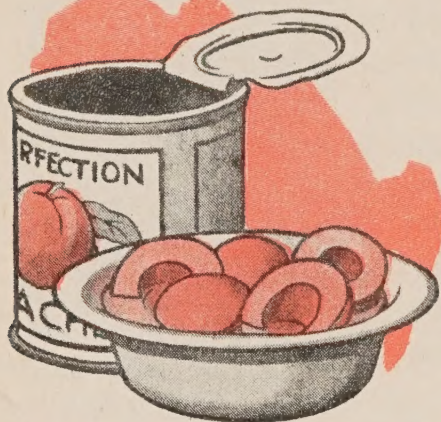


The large package costs considerably less than the seven small ones

*Farmers Bulletin No. 1471—Can be procured from the Superintendent of Documents, Government Printing Office, Washington, D. C., at five cents per copy.

but often costs only about twice as much. Fully 15 cents may at times be saved by buying a large can of cherries rather than three small ones.

A still larger can, No. 10, holding a little more than six pounds, is used for pie fruit. Where home baking is the rule, this size is better than the smaller sizes.



There are four grades of canned fruit in the market: fancy, choice, standard, and sub-standard. The two lower grades are clean and wholesome, the fruit perhaps of irregular shape, and of small size. The fancy and choice fruits are larger, more perfect and packed with a sweeter syrup. The

same four grades are used in canning vegetables; and the fancy and choice grades are usually the smaller, more tender ones.

Many people find the standard grade quite satisfactory for general family use. It is not necessary to pay extra for size and appearance. The sub-standard grade may be used for vegetable soup and fruit pies or salads. The grade is not marked on the can, but the grocer knows the grade.

It is worth while to try the new brands of canned fruits and vegetables as they appear. Then one should buy the brands best suited to the family needs. If the housewife can buy fruit and vegetables cheap enough in season, it is wise to do some home canning. In deciding this, the time and effort required and the final cost must be considered.

FOOD ACCOUNTS

It is wise to keep account of what is spent for each kind of food, from month to month, to see whether one cannot find ways of feeding the family well, and saving money at the same time.

The plan for food-spending given in this book should serve as a guide. The amounts spent for various foods can be compared with the amounts that should be spent. This will show the housewife where she can save, and will show whether she is choosing the foods that are best for her family. She should not let the first month discourage her. Marketing for thrift should be tried for a year, at least. It will mean a larger savings account and a healthier and happier family.

